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Hormonal Balance and Low Libido

Have you noticed, as a woman, that whenever you feel angry, tearful, headachy, a little off track, or lacking in sex drive, someone will almost always relate your issues to **HORMONES**... Is it true? Do your hormones really have that much of an effect on every aspect of your life? As a woman of the twentieth century are your hormonal issues any different than the women of earlier centuries? What could cause a lack in sexual desire in today's woman? What's available to remedy low libido? These are all questions that this article addresses.

Is it all related to hormones?

Most women are fed up with the generalization of hormones being at the center of every problem that a woman feels and responds to. Women want answers to all sorts of questions, especially to do with how our **hormones** affect their lives and moods. It would be nice to have some absolute answer to all of the moods and feelings that women experience. But since it is nearly impossible to measure intangible things like libido and feelings the answers to those questions are really more subjective than scientific. The consensus is that hormones play a major role in the health and well being of women. There are many other contributing factors like stress and anxiety but these only add the hormonal issues or rather hormonal imbalances make stress and anxiety escalate into treacherous mountains instead of little mole hills.

Do your hormones really have that much of an effect on every aspect of your life?

Which comes first, the chicken or the egg? Hormonal balance is so hard to really understand, the effects are far reaching and wide sweeping. But seriously, are the hormones the chicken or the egg? A more relevant way to ask the question is; do hormonal issues cause feelings of stress, anxiety, depression, inter-relationship issues and exhaustion or do those feelings cause **hormonal imbalance**? You see it really is just like the chicken and the egg. The answer is yes to both hormonal levels in women can be affected by outside influences and it is said that a "hormonal woman" affects the cohesion of the whole household. If this sounds confusing and complex it is. The solution to this issue would be a Nobel Peace **Prize winning** article, and deservedly so.

There are some also physical contributors to hormonal imbalance like drug use, alcohol use and abuse, and child birth. To answer the question; "Do hormones really have an effect on every aspect of a woman's life, including sexual desire?" it is believed that they do. Hormonal issues appear to perpetuate any of the daily stressors into overwhelming proportions. When there is hormonal balance the daily stresses are bothersome but not overwhelming. Without that balance even the littlest of issues can seem impossible to overcome.

As a woman of the twentieth century are your hormonal issues any different than the women of earlier centuries?

Just a little less than fifty years ago there was a big change in how women could perceive intimacy. Fifty years ago a sexual escapade always had the possibility of pregnancy. Since the Pill was introduced the risk of pregnancy has been drastically reduced. The Pill has given women a new perspective on intimacy. The Pill and other contraceptives use hormones to trick a woman's body into thinking it is pregnant and thereby preventing (an additional) pregnancy.

It has been discovered that these hormones have obvious pit falls, like a slightly higher risk for blood clots and breast cancer. It also turns out hormonal birth control can a double edged sword. In the past decade, researchers have found that **hormonal contraceptives**, including the Pill, the Patch, and the vaginal ring, can affect the female **libido** and dampen how often women want, think about, and even respond to sexual stimulation. And an online Women's Health poll backs that up: It shows that 36 percent of women polled firmly believe the Pill muffles their mojo or lowers their **libido**. There are no hard fast statistics that verify this trend other than informal polls. Like it was said before there is no scientific measurement for libido or sexual drive it all tends to be subjective but women as a rule know and are able to express their feelings.

What could cause a lack in sexual desire in today's woman?

So, what drives a woman's love machine? Believe it or not a key component is testosterone (you know the man juice, the pump you up to look like Arnold juice). Women don't have enough juice (testosterone) to grow a goatee or develop a burning desire for an all day football marathon with your buddies in the man cave; but the amount you do have plays an important role in your **randiness**, especially just before ovulation. It's interesting that the sexual hormones testosterone, androstenedione, FSH (follicle stimulating hormone) and LH (luteinizing hormone) are produced by both men and women. Those hormones have a direct link to libido with both genders. Every month at mid-cycle, women's brains signal their ovaries, which create 50 percent of the body's testosterone, to produce a surge of the lust filled hormones. That makes perfect sense, given that our main biological goal as a species is to produce more offspring. If it were just that simple then there's the answer... wait until the middle of the menstrual cycle and every woman's libido will be ample for the needs.

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The problem is that men and women are not simple breeding machines. There are two different but contributing issues that play out here. First hormonal contraceptives like the Pill can certainly upset the proverbial turnip cart. Taking the Pill is a catch twenty two. A woman takes hormone altering contraceptives so that she can lower the risk of pregnancy, the purpose admittedly being more frequent sex without the obvious risk. The catch is that the hormones alter her desire for sex by tricking the body into thinking it's pregnant. Second there are complexities in the way that men and women interact to create sensual desires. Let's admit it there isn't an on/ off switch that just gets flipped a minute or two before a sexual encounter. With the lifestyle that currently exists there is always a significant amount of white noise in the background like stress, anxiety, depression, inter-relationship issues and exhaustion (oops there they are again). That white noise really distracts from the attempts of a soul mate's seductive maneuvers. All of that white noise needs to be quieted down long enough to allow the thoughts of intimacy permeate the brain and warm the body. In order to create the mood for sexual intimacy one must be able to leave all of that background noise behind and pay attention to the desires that were diminished by the Pill. That can be nearly impossible for today's busy woman.

What's available to remedy low libido?

What's a girl to do? On the one hand the hormonal issues are saying 'no not now honey...' and on the other hand all of the tasks, traumas and responsibilities keep popping up as a distraction to any romantic interludes as they're being presented. It seems like 'Mission Impossible' doesn't it? Well it's not! There are some natural supplements that can quiet the mind and sooth the nervous system and there are other supplements that have been proven to increase a woman's libido. What if they were combined together to create the perfect answer to the age old problem? Some supplements were born to be great and it's possible that [Grandma's Herbs](#) has developed one of them. Grandma's Herbs **FEMALE LIBIDO** is a superstar among herbal supplements. It utilizes the wonderful properties of Yohimbe which causes the dilation of blood vessels in the lower abdomen and genital stimulation in women. Yohimbe is the only medically recognized natural aphrodisiac approved by the FDA as such. There is also several mood regulating products in **FEMALE LIBIDO** like Damiana to restore the nervous system, Muria Pauma for mild depressive issues and even L-Tyrosine that helps to elevate moods and creates a positive feelings. Many women use this as a daily supplement with wonderful results and then on date night an increase of the dosage really caps the night off right...



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